

Warm up games:

Use physical activities which connect the body with the breath and voice. Use as much imagery, freedom and fun as possible!

Plasticine Person (Sharon Durant)

Teacher and pupils pretend to model an imaginary lump of plasticine into the shape of a little person.

Use two fingers of right hand extended downwards to represent Plasticine Person walking.

Teacher tells the story in words. All **mime**..... make the sound effects....



“Plasticine Person walks up to a tall building” (‘Doo-ty doo-ty doo-ty doo-ty doo-ty doo-ty doo’)

“(S)He presses the bell for the lift” (high pitched ‘ding’)

“(S)He goes up the lift” (All start with a low ‘nnnggg’ or ‘aaahhh’ sliding to high)

(‘Ding’)

“Plasticine Person can do what (s)he likes.... So..... (s)he jumps out of the window!”



(clap hands and shout)

“(S)He pulls himself together” (Make slurping/sucking noise)

Ask the children to suggest further adventures each accompanied by a different noise. Keep going back to the beginning and re-telling the story through the mimes and sound effects. Next week, after (s)he’s been up the lift, (s)he can go on different adventures!

Throw Catch (created by Skura from the Eastern Cape of Africa from an exercise from Em Whitfield Brooks). Group are lined up in two lines facing a partner. Each pair uses an imaginary ball to play catch with. Jikeleza is Xhosa for ‘turn around’.

Throw catch x3 Jikeleza } x2
Na na na na na na na x3 Jikeleza } x2
Catch! (sing last time only)

Boom Chicka Boom (from Sing for Pleasure. Tune by Sharon Durant)

Call and response:

I said a Boom Chicka Boom x2

I said a Boom Chicka Rocka Chicka Rocka Chicka Boom

Uh-huh

Ee-hee

One more time

A bit(faster, slower, higher, lower, like a nasty witch, like Elvis, like a baby etc)

Rubber Chicken

Imagine you have a rubber chicken hanging on to your right hand. Try to shake it off, counting as you go: 1 2 3 4 5 6 7 8

Do the same on your left hand, then right foot, then left foot

Repeat the whole process counting to 4, then 2, then 1

Finally everyone shouts 'Rubber Chicken' at the end



Button Factory - chant

Hello. My name is Jo

And I work in a button factory

And one day my boss came up to me

He said Jo, are you busy? I said no

Well push this button with your right hand

- Left hand
- Right foot
- Left foot
- Head

Hello. My name is Jo and I work in a button factory

And one day my boss came up to me

He said Jo, are you busy? I said YES!

Clapping round - add words to make a new chant

- | | | | | |
|----|--|------------------------------------|--|-------------------------------------|
| 1. | stamp clap click
(fish and chips | stamp clap click
fish and chips | stamp clap click clap
mushy peas with | stamp clap click
fish and chips) |
| 2. | stamp clap clap clap clap_ clap_ x2
(I like cappuccino x2 | | stamp clap clap x2
cup of tea, cup of tea | stamp clap click
bring one now!) |
| 3. | clap slap slap x3
(beans on toast x3 | clap clap clap
fish fingers | clap slap slap x3
beans on toast x3 | clap click
yum yum) |

Clap your hands - Sue Nichols - (tune of this old man)

Clap your hands, **stamp** your feet, **walk** the pavement, dance the street, **move** your limbs and nod your head. Now find other words (verbs) instead (replace words in bold with different verbs)

Playground games

John Kanaka traditional American, collected by the Amidons
I heard I heard the old man say (dosie doe)
John Kanaka naka tulee ay (stamp, thigh slaps, clap and together)
Today, today's a holiday (dosie doe the other way)
John Kanaka naka tulee ay ay (stamp, thigh slaps, clap and together)
Tulee ay tulee ay (clap clap, together x2)
John Kanaka naka ay (stamp, thigh slaps, clap and together)

Move round the circle and off we go

- John in thinking voice
- Kanaka in thinking voice
- Whole thing in thinking voice

Here comes Sally traditional American
Here comes Sally walking down the alley
Here comes Sally just like that
Here comes another one just like the other one
Here comes another one just like that
Well I looked down the alley and what did I see
A great big man from Tennessee
I bet you five dollars I can whoop that man
I bet you five dollars I can whoop that man
Jump to the top, step down and then
Jump to the top and start again

As I was walking traditional American
As I was walking down the street, down the street, down the street
A friend of mine I chanced to meet. Hello, hello, hello
A riggity jig and away we go, away we go, away we go
A riggity jig and away we go. Hello, hello, hello

Jump Jim Joe traditional American, collected by the Amidons
Jump, jump, jump Jim Joe
Shake your head, nod your head, tap your toe
Round and round and round we go
Then you find another partner and you jump Jim Joe

Love Somebody traditional American
Love somebody, yes I do children in the circle hold both palms up
Love somebody, you know who a chosen child moved round the inside patting
Love somebody, can you guess? each pair of hands on the beat
You're the one I love the best stays with the person and swaps places
(all clap love the best)

The Joy of Song

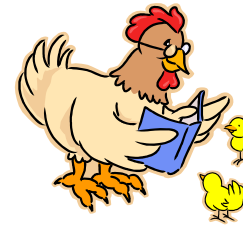


Pick a bale o' cotton

We're gonna jump down, turn around, pick a bale o' cotton
Gonna jump down, turn around, pick a bale a day
We're gonna jump down, turn around, pick a bale o' cotton
Gonna jump down, turn around, pick a bale a day
Oh Lordy, pick a bale o' cotton. Oh Lordy, pick a bale a day
Oh Lordy, pick a bale o' cotton. Oh Lordy, pick a bale a day

Who stole my chickens and my hens

Who stole my chickens and my hens (step, step, step)
Who stole my chickens and my hens (step, step, step)
Who stole my chickens (step)
Who stole my hens (step)
Who stole my chickens and my hens (step, step, step)



Little bird

Little bird, little bird, fly through my window x3
And buy molasses candy
Fly through my window my sugar lump x2
And buy molasses candy

Fly through my window my sugar lump, fly through my window my sugar lump
And buy molasses candy

Cece my playmate

Cece my playmate
Come out and play with mex
And bring you dollies three
under the apple tree
Slide down the drain pipe
And through the cellar door
And we'll be happy friends for ever more, more, more

Baby 1 2 3 traditional Trinidadian play song

Baby 1 2 3, head and shoulders
Baby 1 2 3, head and shoulders
Baby 1 2 3, head and shoulders, head and shoulders

- Shoulders, elbows
- Elbows, hips
- Hips and knees
- Knees and toes

Baby 1 2 3 head and shoulders, shoulders elbows, elbows hips and hips and
knees and knees and toes and baby 1.

The Joy of Song



Songs

Breakfast medley (I think this is written by Jan Holdstock)

When it's time for breakfast I like toast and marmalade.
Toast and marmalade. Toast and marmalade
When it's time for breakfast I like toast and marmalade
That's how I start my day

Just a cup of tea. That's enough for me. That's enough for me (with milk and sugar)

Just a cup of tea. That's enough for me. That's enough for me

I want eggs and bacon and a slice of good fried bread
If you have no bacon then a sausage will do instead

Senwa de Dende traditional Ghanaian folksong: a mother is calling for her child, using a pet-name

Senwa de Dende, senwa
Senwa de Dende, senwa
Senwa de Dende, senwa de Dende,
senwa de Dende, senwa

Nanuma part of a larger Ghanaian song about the Land of the Spiders

Nanuma why ee ay nanuma x4

I like the flowers

I like the flowers. I like the daffodils
I like the mountains. I like the rolling hills
I like the fireside when the lights are low
Singing a doowap a doowap a doowap a doo

I like the ocean. I like the great big waves
I like the starfish. I like the ship that sails
I like the moonlight when the sun sinks low
Singing a doowap a doowap a doowap a doo

Tongo - traditional Polynesian echo song.

Tongo
Tongo
Chimne bahe bahe oh
Chimne bahe bahe oh
Oo away balay kalow away

Our dustbin

Oh you can't put your muck in our dustbin, our dustbin, our dustbin
You can't put your muck in our dustbin. Our dustbin's full

Fish and chips and vinegar, vinegar, vinegar
Fish and chips and vinegar. Mushy, mushy, mushy peas

One bottle of beer, two bottles of beer, three bottles of ginger beer
Four bottles of beer, five bottles of beer, six bottles of ginger beer

Ain't gonna (traditional American arr. Sharon Durant)

Ain't gonna let nobody turn me around. Turn me around. Turn me around
Ain't gonna let nobody turn me around
Keep on walking. Keep on talking. Walking to the freedom land

Ain't gonna let nobody. Ain't gonna let no! no! nobody

Ain't gonna let nobody turn me x3
Keep on walking. Keep on talking yeh

Gospel medley

Swing low, sweet chariot. Coming for to carry me home
Swing low, sweet chariot. Coming for to carry me home

Oh when the saints go marching in. Oh when the saints go marching in
I want to be in that number oh when the saints go marching in

I'm gonna sing, sing, sing. I'm gonna dance, dance, dance
I'm gonna sing. I'm gonna dance. Hallelu
When the gates are open wide I'll be standing by your side
I'm gonna sing. I'm gonna dance. Hallelu

5 sticky lollipops

5 sticky lollipops fixed on sticks
Take a sticky lollipop and lick, lick, lick
4 sticky lollipops fixed on sticks 3 2 1.....
No sticky lollipops fixed on sticks
No sticky lollipops to lick, lick, lick

Touch your shoulders

Touch your shoulders. Touch your knees
Raise your arms and drop them please
Touch your ankles. Touch your toes
Pull your ears and touch your nose

The Joy of Song



Once I found a cherry stone
Once I found a cherry stone . I put it in the ground
And when I came to look at it, A tiny shoot I found
The shoot grew up and up each day and soon became a tree
Then I picked the rosy cherries and I ate them for my tea

Good News - Football Version

(adapted from gospel spiritual - Good news chariot's coming - by Claire Tustin and Sam Allen 2002)

Good News Shearer's Scoring x3
We've just scored a goal
1-nil, 1-nil, 1-nil, we've just scored a goal. ooh England

*Here comes Shearer on the attack
Bringing it back to the back of the net like that*

Good news Owen's scoring x3
We've just scored a goal
2-nil, 2-nil, 2-nil, we've just scored a goal. ooh England

*And it's Michael Owen, come on Owen keep it going
Out on his own bringing a goal back home*

Oh no Renaldo's scoring x3
Then Ferdinand knocks it clear
2-nil, 2-nil, 2-nil, then Rio knocks it clear. ooh England

*There goes Renaldo we're gonna concede
But the man Ferdinand knocks it clear with his heed*

Good news Beckham's scoring x3
We've just won the match
3 - nil, 3-nil, 3-nil we've just won the match. ooh England

*It's Beckham's ball and he's beaten them all
Bends it right past the defenders' wall*

The Joy of Song



Do anything but throw it away (Sharon Durant and Eleanor Mooney)

I went into the bathroom. Whatever did I see?
I saw some empty toilet rolls waiting there for me
They want to be recycled. Whatever could they be?
A flag pole; a telescope; and they're all for free

*It's amazing what you can find lying around
Listen carefully when we say
Use your imagination to create a new invention
Do anything but throw it away*

I went into the kitchen. Whatever did I see?
I saw an empty washing up bottle waiting there for me
It wants to be recycled. Whatever could it be?
A space ship; a rocket; and it's all for free

*It's amazing what you can find lying around
Listen carefully when we say
Use your imagination to create a new invention
Do anything but throw it away (that's what we say)
Do anything but throw it away (now don't delay)
Do anything but throw it away (do it today)
Do anything but throw it away
(replace the room and the items found and created to make your own verses)*

Ain't gonna (traditional American arr. Sharon Durant)
Ain't gonna let nobody turn me around. Turn me around. Turn me around
Ain't gonna let nobody turn me around
Keep on walking. Keep on talking. Walking to the freedom land

Ain't gonna let nobody. Ain't gonna let no! no! nobody

Ain't gonna let nobody turn me x3
Keep on walking. Keep on talking yeh

Rap:

*Ain't gonna let nobody turn me around. I was lost but I'm found
Didn't know which way to turn but now I know where I'm bound*

*I've found the passion inside to write my lyrics with pride
No longer thinking that these words are something I have to hide*

*I take it all in my stride. You'll find my strength multiplied
And I help others who are struggling to bridge that divide*

*I found the strength to begin; to hold my course and to win
You know I'll never give in, and I sing*

The Joy of Song



Wish - Bex Mather, Simon Derbyshire

Verse 1 was created through a group devising process with young people from Newcastle based on their wishes for themselves and their family for New Year's Eve 2002. Verse 2 and 3 were created by young people in Live Voices 2003 reflecting their thoughts and feelings surrounding Britain and America's roles within the Iraq war

Chorus:

Wish, oh wish. Wish you could hear our wishes
Wish, oh wish. Wish you could hear our wishes
Wish you could hear us sing our wish for what tomorrow brings
Wish you could hear us sing our wish for what tomorrow brings

(Dum dum ba da da da. Dum dum ba da da da)
(Our hopes, our dreams. Gonna wish for a better day)

Verse 1

Dreams come true. My family and my friends be happy too
Life's in a spin, it turns me. Being famous and world peace
Take care of the planet I wish. Realise that we're living this

Verse 2

Hear us sing. Don't take our lives in your hands
Think of the love and giving. We want the world still spinning
With our dreams and wishes we're willing to keep the waterfalls from spilling

Verse 3

See us stand. Our lives and children are in your hands
Think of the world tomorrow. We don't want no sorrow
Stand firm; united we're strong. We're the next generation. We're gonna carry on
(carry on ...)

Great Day

Great day
Great day and the sun is shining
Great day
The sun's gonna shine on everyone

Shine on, shine on me, won't you
Shine on, shine on me, won't you
Shine on, shine on me
The sun's gonna shine on everyone

Shine on, the sun is shining on me
Shine on, the sun is shining on me
Shine on, the sun is shining on
The sun's gonna shine on everyone